

“Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved”

Helen Keller



## BALANCED GOAL SETTING WORKSHEET

	SHORT-TERM	MEDIUM-TERM	LONG-TERM
SOCIAL, FUN & RELAXATION			
FAMILY			
HEALTH & WELLBEING			
CAREER			
FINANCES			
LEARNING			
CHARACTER			

Write 1-3 word goals in each box. Draw lines to connect the goals that align. Draw lines in a different color to connect conflicting goals. Number the goals in order of which matter most to you. Number the goals in order of potential sequence (1st, 2nd, 3rd etc).